
Internet Monitoring

The ability to monitor what, when, and how your children use the internet is a great way to keep them safe when conducting research or using apps such as social media. There are already many ways to monitor phone usage and what it is being used for in the phone's settings. These settings will be different for Android and iOS users however they have the same function.

Another way to monitor what the internet is being used for is by downloading apps with monitors built into them. The kind of apps you should look for are ones that will monitor the time your child is spent using the internet, what they are using it for, monitor the content of social media, who they are communicating with, monitors texts and emails, and looks for sexual content and online predators. Other adolescent issues can include cyber bullying and suicidal ideations.

I greatly encourage you to take a look for yourself and find an internet monitoring service that works best for you and your families.

Will you Pledge?

The internet can be a tool for education, and it can also be a tool of hinderance. Please consider showing your support by going to the website below and signing the pledge.

I _____ acknowledge the dangers of the internet and from here on swear to encourage, promote, and protect the well-being of my children, grandchildren, and family concerning the internet and its usage. I will also encourage others to become informed of the risks that too much internet usage can have on the young mind and will help others to become educated so we can further expand on the safety and security of our youth for generations to come.

Join the support



Project CARES for You

support@projectcares4u.com

www.projectcares4u.com

Facebook Page: Project CARES for You

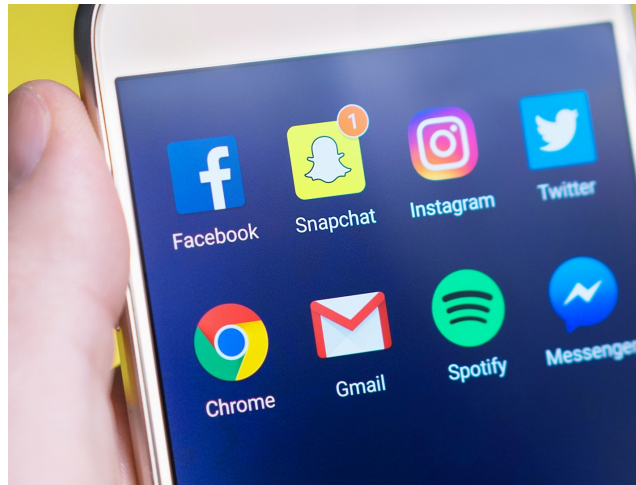
A Parent's Guide to Child Electronic Safety

Protecting the youth for generations to
come



Technology and its affects

Today's technological advances are growing at an unprecedented rate. These advancements change our lives ever so slightly by providing us with newer ways of communicating information whether it is watching a new show or joining a new social media platform. Technology has affected society throughout history, and as it continues to expand, we can see how it affects our way of thinking. Like most new apps, there is always a specific crowd that the app tries to associate with. These associations can draw in certain crowds depending on to whom they are being advertised. Apps such as SnapChat, and Instagram are targeted towards younger generations to promote the most revenue and returning users. Although this technology has ways of increasing good communication between friends and family, it also has the ability to increase negative and sometimes hurtful communication.



Social Media

Social media has had a massive affect on how we communicate our everyday lives to others. Whether it is posting about where you ate for dinner or where you are vacationing, social media has proven to be reliable way to keep in contact with friends and family. This is more important towards the youth as there is an ever-growing number of younger users on these platforms. A survey done by Pew Research Center of 750 13- to 17-year-olds found that “45% are online almost constantly and 97% use a social media platform, such as YouTube, Facebook, Instagram, or Snapchat.” An article done by the Mayo Clinic argues that the harms of social media are slightly worse than the overall benefits. Social media use has been related to depression and anxiety symptoms. The Mayo Clinic did a study in 2016 of more than 450 teens and they found that greater social media usage was linked to increased anxiety and depression along with worse quality sleep.

Internet Usage

The internet has a wide range of tools at anyone's disposal. This can be a great way for children to learn about new material from popular and reputable sources. With that being said, being on the internet for too long does pose several health risks according to the National Institutes of Health (NIH). The NIH states that “excessive internet use may create heightened levels of psychological arousal, resulting in little sleep, failure to eat for long periods, and limited physical activity.” While these are some of the lesser issues excessive internet use can



cause, some of the more dangerous ones can include heightened levels of “depression, OCD, low family relationships and anxiety.” In 2011, the NIH did a study on internet addiction on 250 students. The end results showed that there was an “association between psychiatric symptoms such as somatization, sensitivity, depression, anxiety, aggression, phobias, and psychosis with exception of paranoia. Although the internet can be a place for education and enrichment, it can also produce problems in the near future.